

# metr

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## DAY IN COURT

Huffman agrees to plead guilty in college scam. 2



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# KILLIN' IT WITH 'EVE'

Sandra Oh and the stars of BBC America's "Killing Eve" talk about the series' second season. 16-17



BBC AMERICA



Allison Mack pleads guilty in sex-cult case. 4

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# THINGS TO KNOW

## Huffman, 12 other parents to plead guilty in college scheme

The actress is accused of making a \$15,000 contribution in exchange for having her daughter's SATs corrected.

Actress Felicity Huffman and a dozen other prominent parents have agreed to plead guilty in the sweeping college admissions cheating scam that has ensnared wealthy families and athletic coaches at some of the nation's most selective universities, federal authorities said Monday.

The "Desperate Housewives" star and the other parents will admit to charges in the scheme, which authorities say involved rigging standardized test scores and bribing coaches at schools such as Yale and Georgetown.

Huffman, 56, was accused of paying a consultant \$15,000 disguised as a charitable donation to boost her daughter's SAT score. Authorities say the actress also discussed going through with the same plan for her younger daughter, but she ultimately decided not to.

Other parents charged in the scheme include prominent figures in law, finance, fashion, the food and beverage industry and other fields.

It's the biggest college admissions case ever prosecuted by the Justice Department. The scandal embroiled elite universities

across the country and laid bare the lengths to which status-seeking parents will go to secure their children a coveted spot.

**"We have worked cooperatively with the prosecutors and will continue to do so as we take full responsibility for our bad judgment."**

California real estate developer Bruce Isackson and his wife, Davina Isackson

The consultant, Rick Singer, met with Huffman and her husband, 69-year-old actor William H. Macy, at their Los Angeles home and explained to them he "controlled" a testing center and could have somebody secretly change their daughter's answers, authorities say. Singer told investigators Huffman and her husband agreed to the plan.

Macy was not charged. Authorities have not said why.

Huffman will plead guilty to a charge of conspiracy to commit mail fraud and honest-services mail fraud, according to



Actress Felicity Huffman, center, leaves the John Joseph Moakley U.S. Courthouse in Boston on April 3, 2019. GETTY IMAGES

court documents.

In her first public comments since her arrest last month, she apologized and said she accepts full responsibility for her actions and "will accept the consequences."

Huffman said in a statement that her daughter did not know about her actions. She said her desire to help her daughter was "no excuse to break the law."

Michael Center, the former men's tennis coach at the University of Texas at Austin, has also agreed to plead guilty, prosecutors said Monday. Center was accused of accepting near-

ly \$100,000 to help a non-tennis-playing applicant get admitted as a recruit.

California real estate developer Bruce Isackson and his wife, Davina Isackson, who are pleading guilty to participating in both the athletic recruitment and exam-rigging schemes, are cooperating with prosecutors for a chance at a lighter sentence.

"We have worked cooperatively with the prosecutors and will continue to do so as we take full responsibility for our bad judgment," they said in a statement.

Fellow actress Lori Loughlin, who played Aunt Becky on the sitcom "Full House," and her fashion designer husband, Mossimo Giannulli, are charged with paying \$500,000 in bribes to get their two daughters admitted to USC as crew recruits, even though neither participated in the sport. They were not among those who agreed to plead guilty, and they have not publicly addressed the allegations.

Singer, the consultant, pleaded guilty to charges including racketeering conspiracy on March 12, the same day the allega-

tions against the parents and coaches were made public in the so-called Operations Varsity Blues investigation. Singer secretly recorded his conversations with the parents, helping to build the case against them, after agreeing to work with investigators in the hopes of getting a lesser sentence.

Several coaches have also been charged, including longtime tennis coach Gordon Ernst, who's accused of getting \$2.7 million in bribes to designate at least 12 applicants as recruits to Georgetown.

ASSOCIATED PRESS

## US blocks deal for MLB to sign Cuban players

**2** The Trump administration on Monday blocked a historic agreement between Major League Baseball and the Cuban Baseball Federation that would have allowed Cuban players to sign with U.S. teams without needing to defect. The existing deal will not be allowed to go forward because it was based on an erroneous interpretation by the former Obama administration that the Cuban Baseball

Federation was not part of Cuba's communist government, a senior U.S. official said. The move essentially overturns an agreement reached between MLB and the Cuban federation in December following three years of negotiation under which Cuban players would have been able to sign with major-league teams. In the past, some Cuban stars have been smuggled off the island in speedboats. REUTERS

## Yeshiva closure warning amid NYC measles outbreak

**3** The New York City Health Department has ordered all yeshivas in the Williamsburg neighborhood of Brooklyn to exclude non-vaccinated students from classes during the current measles outbreak. In issuing the order Monday, the health department said that any school that does not comply will face violations and possible closure. City health officials say the measles outbreak among Orthodox Jewish communities continues to

increase "at an alarming rate." Officials say 285 cases have been confirmed since the beginning of the outbreak in October. Most cases have been reported from Williamsburg and Borough Park, Brooklyn. New York City accounted for about two-thirds of all U.S. measles cases reported last week. The Centers for Disease Control and Prevention recommends that all children get two doses of measles vaccine.

ASSOCIATED PRESS

## US judge orders halt to Trump asylum policy

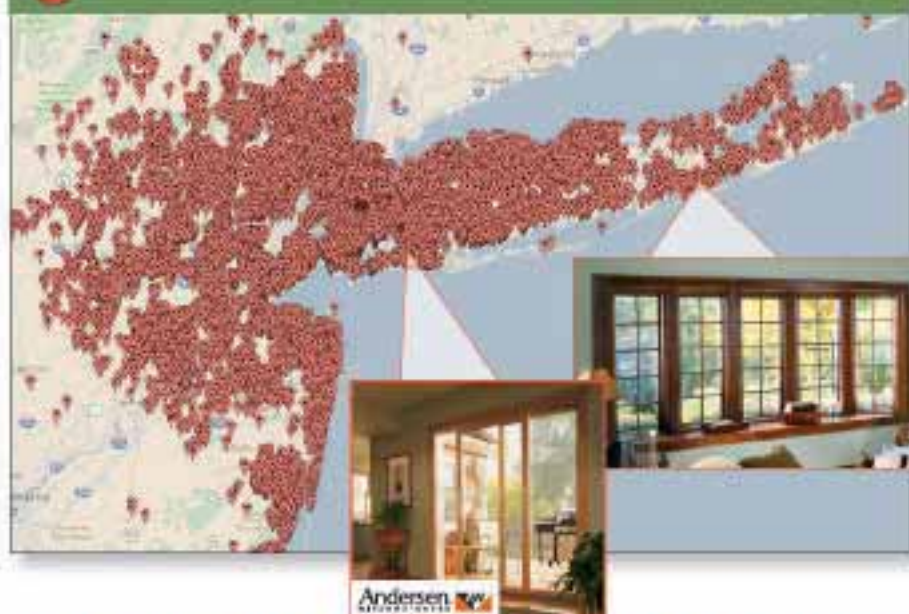
**4** A U.S. judge on Monday issued an injunction halting the Trump administration's policy of sending some asylum seekers back across the southern border to wait out their deportation cases in Mexico. The ruling is slated to take effect on Friday, according to the order by U.S. District Judge Richard Seeborg in San Francisco. The preliminary injunction will apply nationwide. The ruling removes at least

temporarily a controversial Trump administration strategy aimed at slowing a flood of immigrants, many of them families from Central America, that swelled last month to the highest level in a decade. Because of limits on how long children are legally allowed to be held in detention, many of the families are released to await U.S. immigration court hearings, a process that can take years because of ballooning backlogs. REUTERS



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## NEWS



Actress Allison Mack leaves Brooklyn federal court Monday, April 8, 2019, in New York.

AP PHOTO

# 'Smallville' actress Mack pleads guilty in NXIVM sex-cult case

Allison Mack is best known for her role as a young Superman's close friend on the series "Smallville."

With jury selection beginning at the federal case against a cult-like upstate New York group, TV actress Allison Mack pleaded guilty Monday to charges she manipulated women into becoming sex slaves for the group's spiritual leader.

Mack, 36, wept as she admitted her crimes and apologized to the women who prosecutors say were exploited by Keith Raniere and the purported self-help group called NXIVM.

and another member of Raniere's inner circle, Kathy Russell. All have pleaded not guilty and denied any wrongdoing.

Potential jurors were expected to begin filling out questionnaires Monday. Opening statements are scheduled for April 29.

The question of whom jurors would see seated at the defense table that day had remained open in the wake of new allegations that Raniere exploited a teenage girl. His co-defendants have since sought separate trials and engaged in plea negotiations.

Court papers allege NXIVM formed a secret society of women who were branded with Raniere's initials and forced to have sex with him. Defense attorneys have insisted any relationship between Raniere and the alleged victims, including an unidentified actress and other women expected to testify against him at trial, was consensual.

On Monday, Mack said that at Raniere's direction, she obtained compromising information and images of two unidentified women — called "collateral" within the group — that she threatened to make public if they didn't perform "so-called acts of love."

The jury questionnaire covers several topics, including asking candidates for their opinions about "rich individuals" and people who "engage in relationships with multiple sexual partners" and whether they "believe that people under the age of 17 should be able to consent to sex with adults." ASSOCIATED PRESS

**"I believed Keith Raniere's intentions were to help people and I was wrong. ... I know I can and will be a better person."**

Allison Mack

"I believed Keith Raniere's intentions were to help people and I was wrong," Mack told a judge in federal court in Brooklyn as she pleaded guilty to racketeering charges.

Mack is best known for her role as a young Superman's close friend on the series "Smallville."

After months of reflection since her arrest, "I know I can and will be a better person," Mack said. Her sentencing was set for Sept. 11.

The plea means Mack will avoid going to trial with Raniere, wealthy heiress Clare Bronfman



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# R. Kelly makes brief paid appearance at Illinois club

R&B singer R. Kelly made a paid appearance early Sunday at a club in Illinois' capital city, but the fans who each shelled out \$50 to \$100 for tickets got only a 28-second performance, followed by a half-hour meet-and-greet.

Hours before his appearance at the Dirty South Lounge in Springfield, Kelly posted a video on Instagram asking the media to "take it easy" on him because "this is how I got to get paid now, for right now."

Kelly, 52, was charged in February with 10 counts of aggravated sexual abuse that accused him of assaulting four women during a roughly 10-year period starting in the late 1990s. Three of the accusers were underage at the time. He has pleaded not guilty and denied any wrongdoing.

Since his arrest, the cash-strapped singer has struggled to get work in the U.S., Kelly's lawyer Steve Greenberg wrote in a motion last month seeking permission for Kelly to perform in Dubai and meet with members of the sheikhdom's royal family.

Kelly has been scrambling to pay child sup-

port, legal fees and everyday expenses because of the cancellation of Illinois concerts and a record contract, as well as the removal of his songs from streaming services, he wrote.

Kelly's lawyers later put the motion on hold. Dubai's government denied that Kelly had any concerts planned there and the claims that he would meet with members of the royal family.

About 100 people showed up for Kelly's appearance at the Springfield club, which has a 450-person capacity, TV stations WICS and WRSP reported. There was a \$100 entrance fee, which was lowered to \$50 once Kelly arrived at 1:30 a.m.

Kelly thanked supporters, sang a line from one of his songs for 28 seconds and spent about 35 minutes taking selfies, dancing and conversing with fans. The club closed at 3 a.m.

Some fans said it wasn't worth the \$100 and that they wouldn't pay again. Fans also defended showing up at the event, saying they separate the accusations from the artist, the stations reported.

ASSOCIATED PRESS



AP PHOTO

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REUTERS

# Revolutionary Guard labeled terrorist org by United States

It's the first time another nation's military was labeled a terrorist group.

President Donald Trump on Monday branded Iran's elite Islamic Revolutionary Guard Corps a terrorist organization, an unprecedented step that raises the specter of retaliation from Tehran in an increasingly tense Middle East.

It is the first time the United States has formally labeled another country's military a terrorist group.

"The IRGC is the Iranian government's primary means of directing and implementing its global terrorist campaign," Trump said in a statement.

Iran immediately condemned the decision as an illegal act prompted by Tehran's regional influence and "success in fighting against Islamic State," according to state television.

Tensions between the two countries have grown since Trump pulled the United States out of a 2015 nuclear deal with Tehran last May and reimposed sanctions that had crippled Iran's economy.

Trump said the accord did not address Iran's ballistic missile activity or what he saw as its malign influence in the region.

Set up after the 1979 Islamic Revolution with the mission of protecting the Shi'ite clerical ruling system, the IRGC is Iran's most powerful security organization and has a huge influence in its political system, controlling large swathes of the economy and the armed forces.

The IRGC's involvement in Iran's banking and shipping industries could complicate matters with U.S. allies, including the European Union, which is setting up a new mechanism to facilitate payments for Iranian exports. It was not immediately clear how Monday's move would impact Europe's trade ties with Iran.

**"This designation is a direct response to an outlaw regime and should surprise no one."**

Mike Pompeo, secretary of state

Those who do business with the Guards could now receive up to 20 years in prison and be barred from entering or doing business in the United States.

The action on Monday "makes crystal clear the risks of conducting business with, or providing support to, the IRGC," Trump said. "If you are doing business with the IRGC, you will be bankrolling terrorism."

After reports of the planned U.S. designation emerged on Friday, Iranian lawmakers warned Tehran will take reciprocal action.

Critics have warned the U.S. action could open U.S. military and intelligence officials to similar moves by unfriendly governments.

The U.S. has blacklisted dozens of entities and people for affiliations with the IRGC, but not the organization as a whole.

Secretary of State Mike Pompeo, a strident critic of Iran, has pushed for the change in U.S. policy as part of the Trump administration's tough posture toward Tehran.

The U.S. action against the entire IRGC had been debated in the Trump administration for months as Washington sought additional ways to pressure Iran and curtail its growing influence in Syria, Iraq and Yemen.

"This designation is a direct response to an outlaw regime and should surprise no one," Pompeo said. The designation comes into effect next Monday.

In 2017, IRGC commander Mohammad Ali Jafari warned that if Trump went ahead with labeling the group as terrorist "then the Revolutionary Guards will consider the American army to be like Islamic State all around the world."

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Studio		\$1,231	9	→	1 person \$44,160 - \$58,480
				2 people \$44,160 - \$66,800	
1 bedroom		\$1,320	12	→	1 person \$47,280 - \$58,480
				2 people \$47,280 - \$66,800	
				3 people \$47,280 - \$75,120	
2 bedroom		\$1,591	4	→	2 people \$56,606 - \$66,800
				3 people \$56,606 - \$75,120	
				4 people \$56,606 - \$83,440	
				5 people \$56,606 - \$90,160	

Unit Size	100% Area Median Income Level (AMIL) Unit	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> Minimum - Maximum <sup>4</sup>
Studio		\$1,772	6	→	1 person \$60,755 - \$73,100
				2 people \$60,755 - \$83,500	
1 bedroom		\$2,292	8	→	1 person \$78,583 - \$87,720
				2 people \$78,583 - \$100,200	
				3 people \$78,583 - \$112,680	
2 bedroom		\$2,759	2	→	2 people \$94,595 - \$100,200
				3 people \$94,595 - \$112,680	
				4 people \$94,595 - \$125,160	
				5 people \$94,595 - \$135,240	

<sup>1</sup> Rent Includes cooking gas; does not include electricity.

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<sup>3</sup> Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

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**How Do You Apply?**

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**When is the Deadline?**

Applications must be postmarked or submitted online no later than **May 6, 2019**. Late applications will not be considered.

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**簡體中文**

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**العربية**

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Secret Service Director Randolph Alles.

AP PHOTO

## Secret Service director to leave Trump administration

U.S. Secret Service Director Randolph "Tex" Alles is leaving the Trump administration, the White House said, amid a shake-up in the upper echelon of the Department of Homeland Security.

White House press secretary Sarah Sanders said Trump has selected career Secret Service official James Murray to lead the agency, saying he will assume the role next month. She added Alles will be "leaving shortly."

Alles' departure stems from a personal conflict within the agency, three officials said, speaking on the condition of anonymity to discuss the personnel matter. The officials said it was unrelated to the resignation of Homeland Security Secretary Kirstjen Nielsen and a recent security breach at the president's private club in Florida.

Still, it comes amid a

spate of turnover across DHS that began last week when Trump withdrew his Immigration and Customs Enforcement director's nomination to stay on permanently.

After Nielsen's departure, an empowered Stephen Miller, the immigration hawk White House senior adviser, is also eyeing the removal of Lee Francis Cissna, according to two of the people. Cissna is director of U.S. Citizenship and Immigration Services, which runs the legal immigration system.

Alles, a former Marine general who had no prior ties to the Secret Service, was recommended to the post by former White House chief of staff John Kelly. He had been the acting deputy commissioner of Customs and Border Protection.

Confirmed in 2017, Alles inherited an agency that had been

dealing with a series of security and personnel issues. Weeks before he was nominated, a man jumped the White House fence and spent 15 minutes roaming the grounds.

His appointment was set to fulfill the recommendations of a group of former senior government officials that reviewed the Secret Service in 2014 and found that it was an "insular agency" in need of an outsider to lead it. But Alles' unfamiliarity with the agency led to conflicts, said the officials.

Murray has served as the special agent in charge of the agency's Washington field office and the deputy assistant director of its office of protective operations.

Sanders said Alles "has done a great job at the agency over the last two years," and that Trump is thankful for his service. **ASSOCIATED PRESS**



President Donald Trump and first lady Melania Trump alongside Secret Service Director Randolph Alles (L). GETTY IMAGE

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#### Affordable Cooperatives for Sale

**Northern Manhattan Improvement Corporation**, is pleased to announce that applications are now being accepted for 1 newly renovated Cooperative apartment at 618 W 187 Street HDPC at 618 W 187 Street, New York, NY 10033. Washington Heights. Amenities: New bathroom, new kitchen, close to public transportation, close to green spaces.

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No application fee • No broker's fee • More information:  
[www.nmic.org](http://www.nmic.org)

This building is being constructed through the Affordable Neighborhood Cooperative Program of the New York City Department of Housing Preservation and Development.

**Who Should Apply?** Individuals or households who meet the income requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. General preference will be given to New York City residents.

Eligible buyers should have **10%** of the purchase price available for down payment. **Please note that the quoted sales prices, maximum household income, asset limit, etc., are estimated and are subject to change.**

**EACH BUYER MUST OCCUPY THE COOPERATIVE AS THEIR PRIMARY RESIDENCE. ANY PROSPECTIVE APPLICANT WHO CURRENTLY OWNS OR PREVIOUSLY HAS PURCHASED A RESIDENTIAL PROPERTY IS INELIGIBLE.**

The estimated sales prices, unit sizes, and income requirements are as follows:

Bedrooms	Unit Available	Household Size*	Total Annual Income Range Minimum - Maximum**	Asset Limit*** (HUD maximum allowed)	Monthly Maintenance	Estimated Prices
2 bedroom	1	2 people	\$ 47,970 - \$100,200	\$182,525	\$1535	\$103,700
		3 people	\$ 47,970 - \$112,680	\$182,525	\$1535	\$103,700
		4 people	\$ 47,970 - \$125,160	\$182,525	\$1535	\$103,700
		5 people	\$ 47,970 - \$135,240	\$182,525	\$1535	\$103,700

\* Subject to occupancy Criteria

\*\* Income guidelines subject to change; larger down payments may allow for lower minimum incomes.

\*\*\* Asset limit subject to change

#### How Do You Apply?

DOWNLOAD ONLINE: <https://www.nmic.org/2019/3/25/19041242-nmic-rental-fee-estimation>  
best.com/apartment/available-in-washington-heights-coop/

To request an application **by mail, send a self-addressed envelope to: 618 W 187 Street HDPC c/o NMIC 45 Wadsworth Avenue 8<sup>th</sup> Floor New York, NY 10033.** Only send one application per development. Do not submit duplicate applications. Applicants who submit more than one application may be disqualified. Completed applications must be returned by regular mail only (no priority, certified, registered, express, overnight, or overnight mail will be accepted) to a post office box number that will be listed on the application.

Informational sessions will be held on **April 10<sup>th</sup> 2019 at St. Elizabeth's Church Rectory, 268 Wadsworth Avenue, New York, NY 10033.**

Seminar attendance is not mandatory to purchase a Cooperative.

#### When is the Deadline?

Application must be postmarked by **April 29<sup>th</sup> 2019**

#### What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If you are selected and you appear to qualify, you will be invited to an appointment to review your documents and to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income. This advertisement is not an offering. It is a solicitation of interest in the advertised property. No offering of the advertised units can be made and no deposits can be accepted, or reservations, binding or non-binding, can be made until an offering plan is filed with the New York State Department of Law. This advertisement is made pursuant to Cooperative Policy Statement No. 1, issued by the New York State Department of Law, file number C170904. Sponsor: Northern Manhattan Improvement Corporation 45 Wadsworth Avenue New York, NY 10033.

**Español** Para solicitar por correo una solicitud de este anuncio en "ESPAÑOL", envíe su sobre con su nombre y dirección como destinatario a la siguiente dirección: 618 W 187 Street HDPC, c/o NMIC 45 Wadsworth Avenue 8th Floor, New York, NY 10033. En la parte posterior del sobre, escriba en inglés la palabra "SPANISH". Para descargar una solicitud en línea haga clic aquí: [www.nmic.org](http://www.nmic.org). Las solicitudes deben tener el sello postal con fecha del 29 de abril 2019 o anterior.

**繁體中文** 如欲索取此項廣告之申請表格，請寄回下列地址：618 W 187 Street HDPC, c/o NMIC 45 Wadsworth Avenue 8th Floor, New York, NY 10033。申請表格背面請註明「CHINESE」字樣。請前往 [www.nmic.org](http://www.nmic.org) 下載申請表格。申請表格必須註明日期為2019年4月29日或之前。

Andrew Cuomo • Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer • HCR Commissioner/CEO RuthAnne Vandenbake



People wait at the customer service counter for New Jersey Transit.

ALL GETTY IMAGES

# NJ Transit blames wrestling organizers for train delay

Thousands of people heading home from WrestleMania waited hours in the rain.

New Jersey's transit agency blamed the organizers of WWE's WrestleMania event Monday for lengthy train delays at MetLife Stadium that left some fans standing in the rain for hours.

Thousands of people heading home from the show late Sunday and early Monday were stuck waiting in long lines for trains and buses operated by New Jersey Transit.

"The primary factor contributing to the post-event delays was the WWE's decision to extend the event to 12:30 a.m., which had significant operational impacts on the evening," NJ Transit said in an emailed statement. "NJ Transit was not informed of this decision until late last night."

NJ Transit had prepared to run six trains following the event up until about 1 a.m. but couldn't operate some trains after that because of federal requirements limiting train crew hours, according to the statement. More than 12,000 people were eventually accommo-

dated, according to NJ Transit.

In an emailed statement issued Monday, the WWE said it regretted "any inconveniences fans may have experienced with mass transportation after the event" but didn't immediately respond to NJ Transit's accusations. Speaking at a news conference Monday to announce funding for victims of Superstorm Sandy, Democratic New Jersey Gov. Phil Murphy — who has made improving NJ Transit's performance one of his primary goals — called the delays "completely, utterly, dog-ate-my-homework unacceptable."

"We're going to learn from this," he added. "I'll be damned if it happens again."

Transit officials made similar pronouncements five years ago after the 2014 Super Bowl, when thousands of fans flooded the train platform after the game and had to wait hours to leave.

About 33,000 people

took the 7-mile ride between MetLife Stadium and the Secaucus rail transfer station, more than double the highest estimates made by organizers and transportation experts before the game.

The overcrowding on the platform grew so severe immediately following the game that the stadium scoreboard flashed a sign asking fans to remain inside.

## 33K

After Super Bowl XLVIII, about 33,000 people traveled between MetLife Stadium and the Secaucus rail transfer station, more than double the highest estimates.

NJ Transit officials said at the time that estimates were based on how many parking spots for cars, buses and limousines had been paid for before the game. They concluded that far fewer people opted to take buses than projected.

ASSOCIATED PRESS



# Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

## *Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery*

**NYC** -If you suffer with knee arthritis pain, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

### **Are there any better options?**

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

**Before we get into the two treatments, please understand this...**

**NYC Pain MD** is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

**Know this fact:** There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

### **#1 Viscosupplementation**

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

### **What Results Can Be Expected?**

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

### **But There Is A BIG Problem**

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at **NYC Pain MD** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

### **Another Important Factor**

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

### **What Should You Do If Viscosupplementation Fails?**

### **#2 Radiofrequency Neurotomy**

This treatment is called, "Radiofrequency Neurotomy." RF for short RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequency waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

### **Is It Safe?**

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of

## **Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain**



**Science rescues knee arthritis sufferers?** Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

### **Who Should Try This Treatment?**

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

### **What To Do Next If You Are In Pain**

**NYC Pain MD** offers a limited number of complimentary knee arthritis screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

**More good news:** for qualified candidates, insurances and Medicare often cover these treatments.



**877-380-8537**

## Rhino poacher killed by elephant and eaten by lions

Many applauded the animals for “restoring law and order.”

A rhinoceros poacher was stomped to death by an elephant and eaten by lions in a South Africa wildlife preserve, and rangers found just his skull and trousers, authorities said.

The man and two others were hunting illegally at Kruger National Park last week when the elephant surprised them, park spokesman Isaac Phaahla said. The hunter's companions dragged his body to a spot near a road and told the man's family what happened. It took two days for rangers to find his remains.

South Africans weighed in on social media, with many celebrating the poacher's death, calling it justice or applauding the animals for “restoring law and order in the jungle.” But others blamed the economic des-



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peration that leads people to become poachers, and the international criminal syndicates they work for.

Julian Rademeyer, a project leader for TRAFFIC, which monitors the international trade in wildlife, said effective measures are needed to attack the global rings that deal in rhino horn and elephant ivory.

“The rage and anger of many people at the rampant poaching that is endangering rhinos and elephants is understandable. But the joy and gloating over the death of a poacher is crass and misguided,” Rademeyer said.

“Killing poachers will not stop poaching. Poachers are just the foot soldiers of international criminal syndicates.”

The world's rhinos are in danger of being hunted to extinction. They are prized for their horns, which are ground up and used in traditional Chinese medicine as a supposed cure for a variety of ailments.

South Africa, which has about 80 percent of the world's remaining rhinos, has seen aggressive poaching of the animals in recent years. Last year 769 rhinos were killed illegally, down from more than 1,000 annually since 2013, according to Save the Rhino.

“Poaching is a serious, ongoing problem in the park,” Phaahla said of Kruger, which covers 7,500 square miles in southeastern South Africa, making it about the size of the state of New Jersey. ASSOCIATED PRESS

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## Guiding women in each stage of life with compassionate care.

Dr. Tamara Guichard is adaptive in finding the best ways to communicate her knowledge to the best of her ability. Her practice specializes in vulvar and vaginal disorders including warts, STD's, UTI's, Fibroids, and vaginal infections. She provides routine gynecological care and treatment including rejuvenation procedures, colposcopy, uterine polypectomy, and fertility evaluations.

Often we shy away from asking the uncomfortable questions that we all wonder about from time to time. Questions and curiosities that can keep our minds preoccupied and distracted, or even affect our health by avoiding these topics completely. I understand this common fear and worry that many of us share which is why my approach in patient care is always an authentic and individualized experience, treating the patient first as a translator of sorts, helping me investigate the actual symptoms of their concerns.

Without this bond, we are unable to work together to provide long lasting results that treat each issue with patience and understanding. Whether our patients are coming in for a consultation, testing, evaluations, or treatment plans we seek to create an environment that is purely resourceful and educational for our patients to build a network of long and strong healthy lives. We provide a variety of expert knowledge in rejuvenation procedures and preventative solutions for concerns like endometriosis and fibroid that can be very painful and lead to other medical issues if not treated or properly monitored right away. If you suspect any concern or curious about any form of abnormality where it be hormonal, physical, or related to a specific stage in your life we encourage you to reach out and speak to one us directly as well as set up an appointment for thorough evaluation.

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My biggest message to the majority of my patients when they come in, is to be in tune with their bodies allowing us both to assess what areas in both personal life and your external life such as social or work can supplement each other and contribute to the overall state of your health.

It's important to stay up to date and review all kinds of testing and treatment plans, not just submit to an instant gratification form of treatment. Many fear the unknown and replace fear with assumptions, self diagnosing and self medicating. If we reduce the fear and simplify the process, we become closer to our bodies and realize that our bodies are not as foreign as we make it out to be.

We truly believe that caring starts with advanced resources and technologies that can give us the opportunity to pin point the issue and replenish a person's health and overall experience as a woman. Especially when it comes to a woman's sexual experience, we all deserve a healthy and safe life when it comes to our intimate expressions.

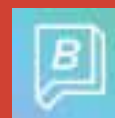
This is also why we service MonaLisa Touch which is a low energy electric therapy allowing women to have both functional and cosmetic alterations to their vagina. Especially if you feel dryness or are post menopausal, do not hesitate to come in and ask us about our minimally invasive procedures. We welcome you with open arms!



### DR. TAMARA GUICHARD

Tamara Guichard, M.D. is an experienced obstetrician who provides a versatile and intuitive approach in treating a variety of medical concerns. With a background of over 10 years as a gynecologist, Dr. Tamara Guichard is experienced in helping her patients feel at ease and find the perfect customized treatment for each unique need.

- Board Certified Gynecologist of 10+ years
- Onsite Testing and Imaging for faster results
- Specializing in vulvar and vaginal disorders
- Fluent in Creole, Spanish, English, French, & Sign Language



Dr. Tamara Guichard has been seen recently on Bustle for sharing her expert knowledge on ways to make OBGYN appointments less nerve-racking!

# Some remaining New Jersey Hurricane Sandy victims receiving more help

More than six years after Superstorm Sandy, impacted families need more time and money.

Some New Jersey victims of Superstorm Sandy who still aren't back in their homes 6½ years after the storm are getting some additional help.

State and federal officials announced Monday that they were removing a cap that had limited grants to \$150,000 for the approximately 1,000 people who still need assistance. Those people could also be eligible for an additional 19 months of rental assistance as they rebuild their homes, bringing the total to 40 months of aid.

Gov. Phil Murphy said the state had recently gotten approval to repurpose \$50 mil-



New York and New Jersey residents struggle to recover one week after Superstorm Sandy.

GETTY IMAGES

lion in federal funds to help storm victims who are still displaced. That money comes from the federal Community Development Block Grant Disaster Recovery funds and will be reallocated to the main state rebuilding program for

Sandy victims.

One of them is Rose Seward, of Long Branch, who is still paying a mortgage on her storm-damaged home while renting an apartment elsewhere.

"I still have a mortgage with two years left

to go on it," she said. "I pay rent on an apartment, and there's utilities in both places that have to be paid. It's hard. I never thought I would be out this long."

Tricia McEvoy, of Brick, also isn't back in her lagoon-front home

yet. The latest unwelcome surprise: a \$5,000 bill for further work on repairs a contractor did on her garage and electrical system.

## \$50M

New Jersey Gov. Phil Murphy said the state had recently gotten approval to repurpose \$50 million in federal funds to help storm victims still displaced.

"I am now fixing my home for the seventh time, and I'm still not back in it," she said.

At a news conference in Neptune, across from a marina that was largely destroyed by Sandy and has since been rebuilt, Murphy, U.S. Sen. Bob Menendez and U.S. Rep. Frank Pallone Jr.

were among the elected officials encouraging storm victims to avail themselves of the expanded aid that will be available soon.

"We're not spiking the football yet," said Murphy, the Democratic governor. "We won't be satisfied until the number [of displaced storm victims] gets down to zero. My administration's goal is to get more funding into the hands of Sandy-impacted families who have run out of money and legitimately need additional resources to finish construction."

Meteorological monster Superstorm Sandy roared into the heavily populated New York metropolitan area in October 2012. In all, the storm left at least 182 people dead from the Caribbean to the Northeast. ASSOCIATED PRESS

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## Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

# Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

*The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed*

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

*An option that a lot of back and neck pain sufferers may have never heard of before.*

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

**Know this fact:** There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

### Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

### What Results Can You Expect?

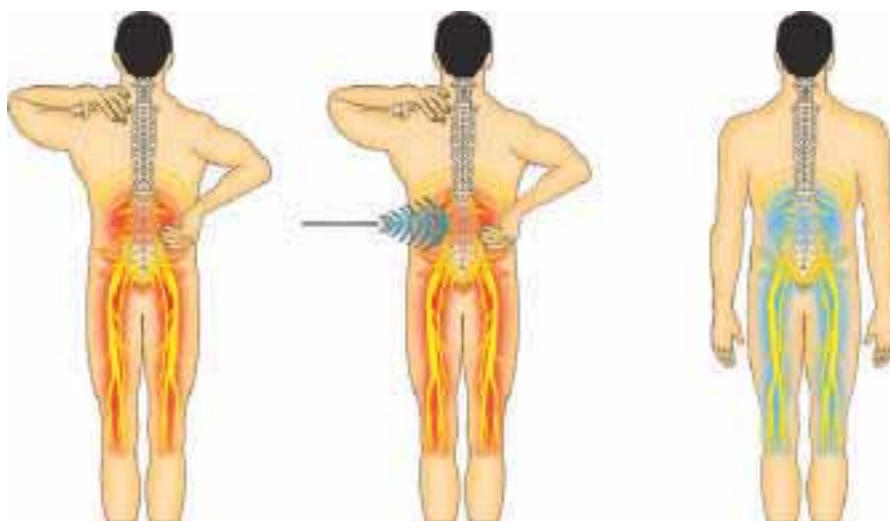
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

### How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

## Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



**Science rescues back & neck pain sufferers?:** Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

### Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

**RF has also been found effective AFTER back surgery when patient's still feel pain.**

*The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.*

### What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

### Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

### Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



**877-907-2934**



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Drivers, do you think that the cars in front of you aren't moving just to annoy you? They aren't moving because they can't. We have enough noise pollution in this city with the sirens, fire trucks, garbage trucks, and construction drilling and hammering. Keeping your hands on the horn doesn't miraculously get the traffic moving. Stop blowing your horns and chill.

— Anonymous, Metro US reader



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**Aries** Take care of business first before someone complains. Once your tasks are complete, move on to enjoyable activities that will ease stress and keep you fit.



**Libra** Learn all you can and connect with people who can help you make healthy and wise decisions. Don't let anyone put demands on you.



**Taurus** Take your time going over your tax return or other financial papers. An oversight on your part or by someone taking care of your affairs will be costly.



**Scorpio** Keep a close watch over your money and possessions. Take care of important details yourself. Share your feelings with a loved one and make plans that will bring you closer together.



**Gemini** Don't let anxiety kick in and cause you to make an emotional mistake. Look for the positive in whatever transpires to ease stress and make better choices.



**Sagittarius** Network and mingle with people you can learn from. Gravitate toward the experts, not to those trying to pitch you something risky or unrealistic. Don't share private information.



**Cancer** It's time to have some fun. If you work on a project that stimulates you mentally, good things will happen. A relationship will develop faster if each party pursues a common goal.



**Capricorn** If you reconnect with someone you enjoyed doing things with in the past, you'll come up with an interesting idea that will bring about a positive change and a different lifestyle.



**Leo** How you help people will determine what others think of you. If you want to make a change, consider how it will affect everyone around you. The right move will lead to new opportunities.



**Aquarius** Get involved in something that you believe in. Taking physical action to make life better for people unable to fend for themselves will be gratifying. Home improvements are encouraged.



**Virgo** Don't jump into something you haven't had a chance to study. Stick to methods you know are safe and sound, and keep to the people you know you can trust.



**Pisces** Be careful what you say. Stick to the rules and offer positive feedback. Help others, but don't let anyone take advantage of you. Take precautions to avoid injury and arguments. EUGENIA LAST

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## LIFESTYLE

The new show will start filming this summer and is set to premiere in 2020.



PAT KING  
patrick.king@metro.us

With AMC's "The Walking Dead" being on the air for 10 seasons and its spin-off series "Fear the Walking Dead" about to start its fifth season, you would think that fans of all things related to a zombie-infested post-apocalyptic world would have their hands full. Well, they will have more to sink their teeth into as AMC announced Monday morning that the network had greenlit its third series to take place within "The Walking Dead" universe.

The as-yet-unnamed new series will be based

on the comics created by author Robert Kirkman, Tony Moore and Charlie Adlard. The series was co-created by Scott M. Gimple, the chief content officer of the "Walking Dead" universe, and Matt Negrete, a longtime writer and producer of "The Walking Dead" who will act as the showrunner for this new project. The show will begin production on 10 new episodes this summer in the state of Virginia, with plans to air on AMC sometime in 2020.

"Showing audiences an unseen pocket of 'The Walking Dead' universe steeped in new mythology is a very cool way to celebrate a 'Decade of the Dead' on TV and over 15 years of Robert Kirkman's brilliant comic," said Gimple in a release. "Matt Negrete is one of the best writer-producers in 'TWD's' long history — I'm thrilled to be working beside him to tell stories unlike we've seen



before, taking our first step into an even larger world."

Negrete also shared his excitement to dig his heels deeper into the world created in the comics. "I'm beyond excited to be a part of this new show set in 'The Walking Dead' universe," said Negrete in the release. "Writing

and producing for the original series has been the job of a lifetime and I'm honored to be working with Scott and all the fine 'Dead' folks at AMC in this new capacity. I can't wait for the fans of the franchise to see what we've been cooking up!"

While there have been no casting an-

nouncements for this new zombie-filled project, a press release from AMC explained that the show would follow the lives of two young female protagonists who were born into this cruel world and must choose what kind of people they will grow up to be. As fans of both "The Walking Dead"

and "Fear the Walking Dead" know all too well, it could go one of two ways.

"We're thrilled that the 'Dead' will keep walking into a new corner of the post-apocalyptic world, a corner that will present stories and characters unlike any that 'The Walking Dead' has dramatized thus far, and that is bound to excite one of the most passionate fanbases in television," said David Madden, president of programming for AMC Networks and AMC Studios in the release. "Scott has been an invaluable leader for the universe since taking on the role of chief content officer, with a distinct and innovative vision for the franchise. Likewise, we're excited to have Matt, who has been a crucial part of 'The Walking Dead' family for over five years and penned many memorable episodes of 'TWD,' at the helm of this original series."



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# Back on the hunt with 'Killing Eve'

The stars of the popular dark comedy talk about tricking fans with a false sense of security and giving opportunities to different voices.



PAT KING  
patrick.king@metro.us

Yes, the wait is finally over. The insanely popular hit BBC series "Killing Eve" returned for its second season last weekend to give fans another glimpse into the unpredictable game of cat and mouse between the hilariously clever and devious Russian assassin named Villanelle and the American detective on her trail, Eve Polastri. The complicated relationship between the two lead roles, played

with electric charm by Jodie Comer and Sandra Oh, had won over legions of fans, bringing the show to a larger audience on AMC this season.

The cast of the show appeared at a conference hosted by the network on Monday morning for a series of different panels that revolved around such topics as visibility and inclusivity in television as well as the use of comedy to heighten the dramatic punch. Both of these topics were perfect for this unique and brilliantly constructed show, as with how dark and comedic it is, it is also led by a predominantly female cast, with an Asian-American, Sandra Oh, as its principal lead. Oh explained her initial surprise at realizing that she was cast as Eve in a discussion with journalist Alicia Quarles.

"I feel like Eve was clearly at least a white woman [in the books]," said Oh. "I was lucky to be at that point in my career where I was offered this script and I read it... I had to figure out for a second which character I was playing. I think that the point is, even this far down a line in one's career, as an actor of color or just myself, this far along [I] still could not see myself in this leading role. I felt very ashamed of myself for not having been able to see it. I was talking with my agent and I'm scrolling through and I'm like 'I don't get it.' I'm scrolling through and I'm like, 'Who am I playing?' And [my agent] was like, 'Eve. You're playing Eve!'"

Fiona Shaw, who plays Eve's superior in MI6 Carolyn Martens, chimed



in, saying that casting Oh was also a revelatory choice in terms of the British social dynamic in these types of thrillers.

"There is something so interesting about a good deed producing another good deed," explained Shaw. "The casting of

Sandra in 'Killing Eve' absolutely stopped thriller British spy stories being about the class system. Because suddenly, we had this American voice in. The whole ceiling shattered. It was very refreshing for everybody... because you couldn't do that

endless thing about wondering whether someone is looking up or looking down on someone."

With the show's villain, Villanelle, the choices by the show's writing staff, along with the performance of a truly magnetic Jodie Comer,

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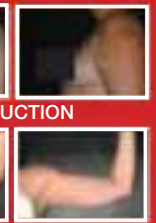
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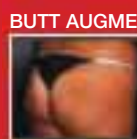
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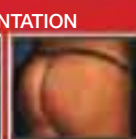
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Sandra Oh (left) as Eve Polastri, Nina Sosanya as Jess. ALL PHOTOS BBC AMERICA

**“Even this far down a line in one’s career, as an actor of color or just myself, this far along [I] still could not see myself in this leading role. I felt very ashamed of myself for not having been able to see it.”**

Sandra Oh

as she lures her victims into her traps, breaking the slow-building tension just before she exhibits her total lack of remorse. It’s a belly laugh that can hurt and delight in equal measure.

“What I love about the comedy moments is that it lulls the audience into this false sense of security and just as they are feeling comfortable [snaps fingers],” said Comer. “I know that’s what I enjoyed in playing those moments. It’s that element of surprise. I think it’s so important that we have those moments. She’s flamboyant, witty and extremely charismatic. That was always present within the script.”

Breaking into the mind of such a cold-blooded yet likable serial killer was a part of the fun for executive producer Sally Woodward Gentle.

“I think she entertains herself,” explained Gentle. “I think she finds herself hilariously funny. She is her biggest fan. What we did quite a lot when we were in the room, when we were talking to Phoebe and the other writers, was to try to get a sense of what any of us would do if you would wake up in the morning without any fear and there was no sense of consequence. I think that then liberates you massively. For a character like Villanelle, that’s sort of wish fulfillment. We love playing with that and also being dark and being really naughty [laughs].”

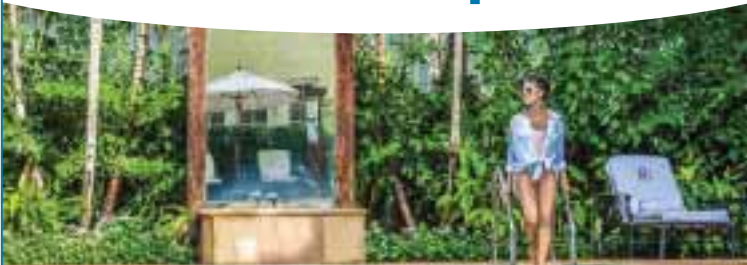
Season 2 of “Killing Eve” currently airs Sunday nights on both AMC and BBC America. On the heels of the season 2 premiere, it was also announced Monday that the show will return for a third season.



Jodie Comer as Villanelle.

combine to really let the viewer inside the mind of a rampant psychopath. But the most interesting aspect to this is that the viewer is immediately torn on whom to root for once they get to know her better. Villanelle will put on her flawless dry wit

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## SPORTS

# Marks, Atkinson have taken Nets from NBA doormat to playoffs

The Nets proved you can rebuild a team without flashing a ton of cash.



JOE PANTORNO  
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Considering the current state of the NBA and what normally has to go into building a contender, one can classify the Brooklyn Nets making the playoffs as almost miraculous.

Almost improbably, the former laughingstock of basketball is back in the postseason for the first time since 2015.

And they went against the grain in doing so.

Before we get into that, though, Brooklyn's 12-point victory over the Eastern Conference's No. 5 seed, the Indiana Pacers, on Saturday night finally allows us to stop talking about the trade. You know, THE trade.

Alright, if you don't know, the Nets gutted a promising team prior to the 2013-14 season to trade for the aging Kevin Garnett, Paul Pierce and Jason Terry from the Boston Celtics.

While the Nets got two semi-productive years out of it, Pierce, Garnett and Terry didn't last two years with the



Kenny Atkinson (left) and Sean Marks (right) have built the Nets back into a playoff team. GETTY IMAGES



team. Things simply fell apart as age, injuries, and poor decisions from former general manager Billy King saw the Nets nosedive to the very bottom of the Eastern Conference.

From the 2015-16 season to last year, the Nets won a combined 69 games, which is an annual average of a measly 23 victories per year. Due to King's decision to deal a number of his first-round picks, the Nets could not even take advantage of the lone positive of being bad: draft picks.

In the meantime, the Celtics took the Nets' assets — mainly those picks — and flipped them into Jaylen Brown and Jayson Tatum, two key members of a team that made the

Eastern Conference finals last season.

The dismissal of King (and a few other general managers) led to the introduction of current GM Sean Marks, who began to turn the tide in Brooklyn despite being stuck in one of the worst stretches in franchise history. The New Zealander brought in Kenny Atkinson, a point guard specialist, as his head coach and began to make do with what he had.

The resources were minimal, but Marks and Atkinson are proving to have the magic touch.

Marks traded his first-round (No. 27) draft pick in 2017, Kyle Kuzma, along with the face of the franchise in Brook Lopez, to the Los Angeles Lakers

for D'Angelo Russell — a once-promising point guard who was outcasted by Magic Johnson in Hollywood after drafting Lonzo Ball.

Under Atkinson's guidance, Russell has gone from potential draft bust to NBA All-Star who has put up a career year with 21.1 points and seven assists per game.

He joined a backcourt that was built on bargains and never-will-be's. Marks traded Thaddeus Young to the Indiana Pacers for Caris LeVert while signing Joe Harris and Spencer Dinwiddie off waivers.

The guys never given a chance by the likes of the Pacers, Orlando Magic, Cleveland Cavaliers and Detroit Pistons are flour-

ishing with Atkinson. LeVert has shown flashes of becoming a star while dodging some injury scares. Spencer Dinwiddie should be a lock for the NBA's Sixth Man of the Year Award, and Joe Harris is one of the most lethal 3-point shooters in the game.

That's quite a four-man rotation created out of basically nothing.

In the frontcourt, Marks may have found a future NBA Defensive Player of the Year in center Jarrett Allen with the No. 22 pick of the 2017 draft. He's made sensational blocks around the rim seem common as he's tangled with the likes of LeBron James and Giannis Antetokounmpo and come out on top.

Marks' second-round pick in 2018, the little-known Rodions Kurucs out of Latvia, has stepped up admirably when called upon and given valuable minutes at the power forward position, considered by many to be the Nets' biggest hole within the starting 5.

Atkinson has been delegating work to — and getting important minutes from — journeymen and those considered washed up like DeMarre Carroll, Shabazz Nappier, and Ed Davis.

Sprinkle in the contributions of Allan Crabbe and Rondae Hollis-Jefferson, and the Nets have put up 41 wins this season, their most since 2013-14.

They didn't have to make the staggering free-agent signing that included a supermax contract. They didn't have to keep the likes of Dwight Howard for brand recognition. They didn't have to buy their way back into contention.

Sean Marks and Kenny Atkinson worked a modern-day miracle in the NBA: rebuild on a budget through true development and a touch of savvy.

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# Lehner hits personal milestone as Islanders prep for playoffs

The Islanders goalie is having the year of his life after hitting rock-bottom.



JOE PANTORNO  
joseph.pantorno@metro.us

What a year it's been for Robin Lehner.

The New York Islanders goalie just put the finishing touches on the finest season of his nine-year NHL career, going 25-13-5 with a sterling .930 save percentage, 2.13 goals-against average, and six shutouts.

Along with teammate and fellow goalie Thomas Greiss, Lehner took home the William Jennings Trophy for the goaltender(s) who allowed the fewest goals in a season.

The netminders played a key role in the Islanders becoming the first team in 100 years to allow the fewest goals in a year one season after allowing the most. Lehner's transformation to one of the top goalies in hockey this season would have been impressive enough given his career on the ice.

The 27-year-old was a backup in six of his first eight NHL seasons with the Ottawa Senators and Buffalo Sabres. It was only in the last two seasons that he received No. 1 duties with the Sabres, starting 108 games over two seasons from 2016-2018.

Playing on one of the worst teams in hockey in Buffalo, Lehner's numbers took a downturn, especially last season, when he put up a .908 save percentage and 3.01 goals-against average.

But it's Lehner's feats off the ice that make his story one of the best you'll see in hockey this season.

Throughout his professional career, Lehner battled with drug and alcohol addiction and mental health issues that included suicidal thoughts before being diagnosed with bipolar I with manic phases.

He went to rehab,



Robin Lehner helped backstop the Islanders to the playoffs. GETTY IMAGES

got back on track, and when no other team in the NHL would give him a chance, the Islanders stepped up and signed him to a one-year deal.

It's been one of the best gambles made by first-year president and general manager Lou Lamoriello.

Lehner has become the darling of Long Island and Brooklyn as he's developed a mutually adoring relationship with an Islanders fan base that saw him play a large role in the team's 103-point season, their best year since 1983-84.

The Swede is never afraid to show his appreciation for the Islanders faithful and provided another feel-good story just last week when he gave his stick to a 7-year-old fan born with half a heart who had requested the netminder's paraphernalia.

He might have been just as pumped as the fans following a March 30 win against his former team, the Sabres, which clinched a playoff spot for the Islanders.

"Playoffs, baby! Playoffs! F—ing right," he exclaimed before applauding the Nassau

Coliseum crowd while being interviewed by MSG on the ice.

That's how you win the hearts of Islanders fans.

While the Islanders clinched the No. 2 seed in the Metropolitan Division over the weekend, ensuring they would get home-ice advantage in a playoff series for the first time since 1988, Lehner was celebrating another milestone of his own.

On Saturday night, Lehner reached the one-year mark of his sobriety.

"Home ice! What a season. Don't know what to say," Lehner wrote on his Twitter. "The best is ahead of us now and it's going to be a great opportunity for this group... Now 1 year sober going into the playoffs with this group is something that I could only have dreamed of 1 year ago. One day at a time. Let's do this."

His storybook season continues on Wednesday night as the Islanders take the Nassau Coliseum ice for Game 1 of their best-of-seven, first-round playoff series against the Pittsburgh Penguins.



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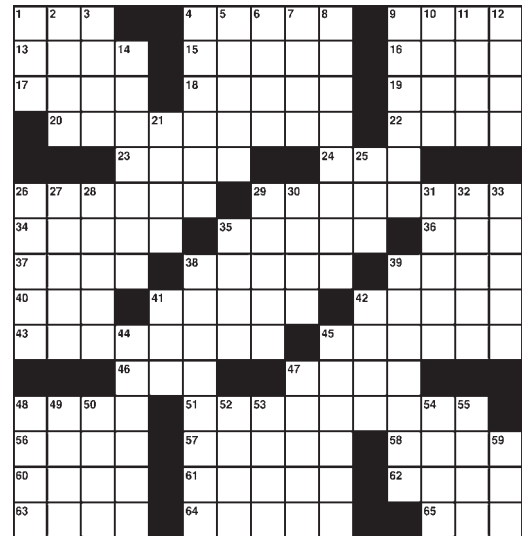
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### ACROSS

- 1 Commercials
- 4 Monk's superior
- 9 Home of twigs
- 13 Ark builder
- 15 Window covering
- 16 Sore
- 17 Meditative exercise
- 18 Compare
- 19 Facial feature
- 20 Delight
- 22 Make sharper
- 23 Has \_\_\_ on; claims in advance
- 24 Commotion
- 26 Bacon pieces
- 29 Family tree elder
- 34 Wading bird
- 35 Small bottles
- 36 Kill two birds with \_\_\_ stone
- 37 Piece of jewelry
- 38 Bisect
- 39 Contemplate
- 40 Play a role
- 41 Walk leisurely
- 42 Summoned with a beeper
- 43 Annoyed
- 45 Powerful
- 46 Simple card game
- 47 Realtor's delight
- 48 Mongolian desert
- 51 Sassiness
- 56 Wood choppers
- 57 Facial hair
- 58 Warty amphibian
- 60 In order
- 61 T-shirt size
- 62 Additionally
- 63 African antelopes
- 64 Go into
- 65 Needle's hole

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BY TCA

### DOWN

- 1 \_\_\_ day now; soon
- 2 Unhappy fate
- 3 Wise man
- 4 Speaks without preparation
- 5 Teacup edges
- 6 Cake recipe verb
- 7 Remove the lid from
- 8 Snail's feeler
- 9 Cheese-topped tortilla chips
- 10 Canyon sound
- 11 Part of the leg
- 12 Tim Daly's sis
- 14 20th-century U.S. president
- 21 Like a juicy pear
- 25 \_\_\_ Moines
- 26 Leftover fragment
- 27 In a \_\_\_; quickly
- 28 \_\_\_ and raves; makes a scene
- 29 Felt sick
- 30 Blue shade
- 31 Difficult
- 32 Beginning
- 33 Long and slender
- 35 Bouquet holder
- 38 Awful
- 39 Purplish red
- 41 "Cry \_\_\_ River"
- 42 Stack
- 44 Distorts
- 45 More furious
- 47 Sudden increase
- 48 Group of hoodlums
- 49 Work animals
- 50 Boyfriend
- 52 Cruel
- 53 Go separate ways
- 54 Singer Natalie
- 55 Uncomplicated
- 59 Unknown John

### Yesterday's Answers



### wander words

Category: Comedian



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M	A	G	O	N	A	E	P	N	D
H	M	I	M	Z	N	H	O	L	D
V	U	C	I	V	A	R	W	E	Y
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